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ABSTRACT

This guide contains a 3-year curriculum for training hairdressers, cosmetologists, and barbers in high schools in Connecticut. The program includes classroom study, demonstrations, and practical work for a 1,500-hour program in preparation for the state board licensing examination. Following a list of five course objectives of the program, the guide provides objectives for grades 10, 11, and 12. Objectives are followed by major units of theory for the three grades. Major units covered include professional practices, life sciences, physical skills, hair designing, Connecticut state law, art, and sciences. Twenty-nine competencies are listed. The curriculum outline lists material to be covered in each of the major areas of study. A student progress record form provides space for instructors to record what has been taught and what students have mastered for each competency area. A bibliography contains seven references. (KC)

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HAIRDRESSING, COSMETOLOGY AND BARBERING

CURRICULUM

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PREPARED FOR:

CONNECTICUT STATE DEPARTMENT OF EDUCATION
DIVISION OF VOCATIONAL, TECHNICAL AND ADULT EDUCATION
VOCATIONAL-TECHNICAL SCHOOL SYSTEM
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COURSE DESCRIPTION

A complete course of studies and basic skills are offered as required by the Connecticut State Department of Health for licensed professionally-trained hairdressers, cosmetologists, and barbers.

The program includes classroom study, demonstrations, and practical work. Students have clinical work on actual customers.

Upon completion of this 1,500 hour program, students, will take a State Board Examination to become licensed for employment.

COURSE OBJECTIVES

The student will:

1. develop and understand the basic mechanical skills, knowledge and professional attitudes necessary to become proficient in hairdressing, cosmetology and barbering

2. gain and develop self-confidence in practical application of skills as well as decision-making

3. develop a knowledge and understanding of safety standards

4. develop practical application and self confidence in dealing with the general public

5. develop an attitude of professional ethics and responsibility toward their employer, patrons and co-workers

Grade 10 - Objectives

The student will be able to:

1. understand the concepts of professional ethics and attitudes

2. apply basic theoretical and practical information concerning the more simplified phases of hairdressing and cosmetology

3. develop and demonstrate professional work habits while learning basic practical procedures

4. demonstrate sterilization and sanitation procedures necessary in hairdressing, cosmetology and barbering

5. obtain theoretical knowledge in life sciences, trichology, dermatology, anatomy and physiology including meeting the requirements for NIC Testing

6. pass an exam listing and defining the Connecticut State Statutes for Hairdressing and Cosmetology.

Grade 11 - Objectives

The student will be able to:

1. demonstrate the basic knowledge and procedures learned during the Sophomore year

2. develop individual creativity utilizing the basic skill and procedures learned during the Sophomore year

3. acquire and demonstrate the basic technical knowledge necessary in learning the concepts of hair coloring and chemical waving

4. execute theoretical and practical knowledge for hair shaping and hair styling

5. analyze and develop an awareness of individual differences with emphasis on client/operator communication and consultation dealing with hair and skin.

The instructor should:

1. correlate with the Art Curriculum to develop student awareness of color, shades, tones, lines, angles and elevations to emphasize facial shapes and forms*

2. correlate with the Science Curriculum to develop within the student the basic principles of hair structure and chemistry.**

Grade 12 - Objectives

The student should be able to:

1. work independently applying their optimum level acquired in all practical phases

2. demonstrate various salon operations and expectations of the industry

3. attend, develop and implement new ideas introduced by the industry via educational forums, magazines and professional seminars

4. prepare for and pass the required State Board Examination with a minimum score of 72.

*See Art Curriculum, 11th Year
**See Science Curriculum, 11th Year

Grade 10 - Major Units of Theory

Professional Practices

1. Professional Ethics
2. Hygiene and Good Grooming
3. Visual Poise
4. Personality Development
5. Microbiology
6. Sterilization

Life Sciences

1. Dermatology
2. Trichology
3. Nails
4. Body System

Physical Skills

1. Brushing
2. Shampooing
3. Conditioning Rinses
4. Scalp and Hair Analysis
5. Reconditioning Treatments
6. Eyebrow Shaping
7. Massage
8. Skin Care
9. Facial Cosmetics
10. Manicuring

Hair Designing

1. Hair Styling - Basic Principles
2. Hair Styling - Nonthermal Curling

Connecticut State Law

1. Introduction to Law Book
2. Definitions
3. Licensing and Examinations
4. Sanitation

Grade 11 - Major Units of Theory

Life Sciences

1. Dermatology
2. Trichology

Physical Skills

1. Conditioning Rinses
2. Scalp and Hair Analysis
3. Reconditioning Treatments
4. Eyebrow Shaping
5. Skin Care
6. Hair Coloring
7. Chemical Waving

Hair Designing

1. Hair Shaping
2. Hair Styling - Nonthermal Curling
3. Thermal Curling

Art and Sciences

1. Nature of Color and Light*
2. Basic Principles of Cosmetic Chemistry**

Grade 12 - Major Units of Theory

Professional Practices

1. Salon Management
2. State Laws
3. State Board Review

Physical Skills

1. Skin Care
2. Facial Cosmetics
3. Hair Coloring
4. Hair Lightening
5. Chemical Waving
6. Chemical Relaxing, Straightening, Reconstruction

Hair Design

1. Hair Shaping
2. Hair Styling - Thermal Curling
3. Hair Styling - Thermal Air Waving
4. Care and Styling of Wigs

Sciences

1. Electricity

*Refer to Art Curriculum
**Refer to Science Curriculum

COMPETENCIES

I. Brushing

A. Brush straight hair
B. Brush curly hair
C. Brush super curly hair

II. Shampooing

A. alkaline type
B. acid-balance type
C. medicated
D. dry-liquid
E. dry-powder
F. biochemical

III. Conditioning Rinses

A. Apply color
B. Apply instant conditioner
C. Apply detangler
D. Apply medicated
E. Apply acid conditioner
F. Apply stabilizer conditioner

IV. Scalp and Hair Analysis

A. Exam scalp flexibility
B. Exam hair elasticity
C. Identify wave form
D. Identify growth pattern
E. Identify density
F. Identify texture/porosity

V. Reconditioning Treatments

A. Condition/moisturize
B. Protein/recondition
C. Synthetics/recondition
D. Treat normal scalp
E. Treat dry scalp
F. Treat oily scalp
G. Treat dandruff
H. Treat with tonic
I. Treat Alopecia

VI. Eye Brow Shaping

A. Tweeze
B. Wax
C. Apply chemical depilatories
D. Apply strip lashes
E. Apply individual lashes

VII. Massage

A. Manipulations
B. Hand massage
C. Electrical massage

VIII. Skin Care

A. Clean up
B. Normal skin
C. Dry skin
D. Oily skin
E. Provide therapy
F. Mask and pack

IX. Facial Cosmetics

A. Apply natural effect
B. Apply evening effect
C. Correct

X. Manicuring

A. Analyze nails
B. Analyze skin tissue
C. Perform basic manicure
D. Condition manicure
E. Repair manicure
F. Perform electric manicure
G. Perform arm and hand massage
H. Apply artificial nails
I. Apply tips
J. Apply sculpture

XI. Hair Design - Basic Principles (Non-Thermal)

A. Shape curl placement
B. Curl/no stem
C. Curl/half-stem
D. Curl/full-stem
E. Curl/ridge
F. Curl/skip waving
G. Curl/cascade or standup
H. Curl/clockwise
I. Curl/counter-clockwise

J. Select rollers
K. Section/rectangular
L. Section/curved
M. Apply overdirected rollers
N. Apply underdirected rollers

XII. Styling Comb-Out

A. Brush loose/control
B. Lace
C. Contour
D. Style

XIII. Fingerwaving

A. Perform ridge curls
B. Perform sculpture waves

XIV. Air Waving

A. Operate hand dryer
B. Hold dryer/comb/brush
C. Style with dryer/comb

XV. Hair Coloring - Temporary

A. Select color
B. Apply color

XVI. Hair Coloring - Semi-Permanent

A. Conduct predisposition test
B. Select color
C. Apply color

XVII. Hair Coloring - Permanent

A. Perform predisposition test
B. Perform strand test
C. Perform metallic test
D. Select color
E. Mix color
F. Section virgin head
G. Manipulate applicator
H. Perform virgin application
I. Retouch application
J. Remove tint
K. Tint back
L. Apply filler
M. Lash and brow tint

XVIII. Hair Lightening

A. Mix compounds
B. Perform strand test
C. Section virgin head
D. Perform virgin application
E. Perform retouch application

XIX. Dimensional Highlighting

A. Cap
B. Foil
C. Cup
D. Frost
E. Halo
F. Frame
G. Tip
H. Streak
I. Color-on-color
J. Spot lighten

XX. Chemical Waving

A. Block
B. Subdivide
C. Select rods
D. Wrap hair on rods
E. Saturate rods
F. Time and test
G. Towel blot
H. Rebound (neutralize)

XXI. Permanent Wave/CHR Winding

A. Conventional wrap
B. Halo wind
C. Piggyback wind
D. Stack wind
E. Spiral wind
F. Bookend wrap
G. Single end wrap
H. Double end wrap

XXII. Chemical Hair Relaxing

A. Perform hair analysis
B. Perform predisposition test
C. Perform strand test
D. Apply base cream
E. Section
F. Apply relaxer

G. Manipulate comb
H. Comb/spread relaxer
I. Time and test
J. Perform special rinsing process
K. Neutralize/condition

XXIII. Hair Shaping - Scissors

A. Hold scissors
B. Palm scissors
C. Manipulate scissors

XXIV. Hair Shaping - Razor

A. Remove and insert blade
B. Hold razor and comb
C. Manipulate razor

XXV. Hair Shaping - Styles

A. Taper
B. Layer
C. Undercut
D. Slither
E. Shingle
F. Thin
G. Perform blunt cut
H. Establish tangent point
I. Establish low elevation
J. Establish medium elevation
K. Establish high elevation
L. Direction - forward movement
M. Direction - backward movement

XXVI. Thermal Curling

A. Handle iron and comb
B. Operate heating element
C. Test iron and comb
D. Clean iron

XXVII. Soft and Hard Press Styling

A. Select materials
B. Examine hair and scalp
C. Section
D. Test comb
E. Press soft/hard

XXVIII. Croquignole Curling

A. Select iron
B. Heat and test
C. Wind end curls
D. Wind poker curls
E. Wind round curls
F. Comb/style

XXIX. Care and Styling Wigs

A. Clean/water
B. Clean/dry
C. Measure
D. Adjust
E. Shape
F. Style

CURRICULUM OUTLINE

PROFESSIONAL PRACTICES

I. Professional Ethics

- A. Definition
- B. Professional attitude
- C. Importance

II. Hygiene and Good Grooming

- A. Definition
- B. Types
- C. Basic hygienic rules
- D. Importance

III. Visual Poise

- A. Benefits of correct posture

IV. Personality Development

- A. Definition
- B. Professional behavior

V. Bacteriology

- A. Definition
- B. Importance
  - 1. Definition
  - 2. Types
    - a. classification of pathogenic bacteria
  - 3. Growth and reproduction
  - 4. Bacterial infections
  - 5. Immunities

VI. Sterilization and Sanitation

- A. Definition
- B. Importance
- C. Chemical sterilization
  - 1. Methods
  - 2. Chemical agents used
  - 3. Sanitizing equipment
  - 4. Safety measures and procedures
- D. Physical agents
  - 1. Types
  - 2. Methods
  - 3. Sanitizing equipment
  - 4. Safety measures and procedures

E. Sanitation
   1. Definition
   2. Importance
   3. General sanitation rules
   4. Sanitary measures as required by local and/or state regulations

F. Sanitizing procedures
   1. Equipment
      a. implements and tools
      b. service area
   2. Methods
      a. wet sanitizing - vapors
      b. dry sanitizing - vapors
      c. electrical sanitizing - ultra violet light

VII. Salon Management

A. Managing a salon
   1. Selection of personnel
      a. interviewing procedures
   2. Supervision of employees
      a. scheduling
      b. skill performance
      c. attitude
      d. neatness
      e. reliability
      f. sales techniques
      g. telephone techniques
      h. safety and sanitary procedures
   3. Operating responsibilities
      a. shop records
         1. appointments
         2. service
         3. merchandise
         4. personnel records
         5. bookkeeping records
         6. accounting records
   4. Purchasing and expenditures
      a. supplies
      b. operating overhead
      c. salaries
   5. Business responsibilities
      a. advertising
      b. public relations
      c. salesmanship
      d. monitoring sanitation measures as required by law
      e. business ethics in relation to employees, patron, general public

B. Ownership
   1. Factors to consider when going into business
      a. site location
      b. own or rent
      c. size of salon
   2. Equipment costs
      a. furniture
      b. appliances
      c. tools
   3. Service costs
      a. utilities
      b. wages
      c. insurance and taxes
      d. supplies
   4. Procedures for obtaining capital
      a. loans
   5. Complying with State and local regulations
      a. physical layout
      b. salon operation
      c. safety and sanitary procedures

LIFE SCIENCES

I. Dermatology

A. Definition
B. Six functions of skin
C. Structure of skin
   1. Epidermal layers
   2. Dermal layers
   3. Appendages
D. Characteristics of skin
   1. Aging
   2. Heredity
   3. Disease
   4. Improper skin care
   5. Pigmentation
E. Skin disorders
   1. Definitions
   2. Symptoms
      a. objective
      b. subjective
   3. Skin lesions
      a. primary
      b. secondary
      c. tertiary
   4. Hypertrophies

F. Skin Diseases
    1. Diseases of the sebaceous glands
    2. Diseases of the sudoriferous glands
    3. Dandruff
        a. definition
        b. principle types
        c. causes
        d. treatment
        e. sanitary measures
    4. Inflammations of the skin
    5. Alopecia
        a. types
    6. Contagious diseases
    7. Animal parasitic infections
    8. Vegetable infections

II. Trichology

A. Definitions
B. Functions
C. Structure - how grows
D. Composition
E. Division of hair shaft
    1. Cuticle
    2. Cortex
    3. Medulla
    4. Hair protein
        a. definition
            1. amino acids
        b. formation of keratin
    5. Growth of hair
F. Physical properties of hair
    1. Elasticity
    2. Texture
    3. Porosity
    4. Density
    5. Appearance
    6. Diameter
G. Characteristics of Hair
    1. Types of hair
        a. eyebrows
        b. barba
        c. cilia
        d. supercilin
        e. pubic
    2. Growth
        a. rate of growth
        b. directional hair growth
        c. life of follicle
        d. diameter of hair

H. Variations of Hair
    1. Types
        a. straight
        b. wavy
        c. curly
    2. Pigmentation of hair
        a. type
        b. difference
I. Non-contagious Conditions of the Hair
    1. Definitions
    2. Canities
        a. Congenital
        b. Acquired
    3. Trichoptilosis
    4. Hypertrichosis
    5. Trichorrhesix nodosa
    6. Monilethrix
    7. Fragilitas crinium

III. Nails

A. Definition
B. Technical terms
C. Composition
D. Structure
E. Main parts of the nail
F. Structures adjoining nail
G. Nail growth
H. Nail malformation
I. Nail disorders and diseases

IV. Body Systems

A. Anatomy and Physiology
    1. Definition
    2. Important relationship to hairdressing and cosmetology
B. Body Structures
    1. Cells
    2. Tissues
    3. Organs
    4. Systems
C. Skeletal System
    1. Definition
    2. Three main body regions
    3. Bones
        a. structure
        b. composition
        c. function
    4. Joints
    5. Cartilage and ligaments
    6. Bones of head and face
    7. Bones of arm and hand

D. Muscular System
    1. Definition
    2. Muscles
        a. composition
        b. function
        c. types
        d. muscle attachment
        e. characteristics of muscle
        f. methods of stimulation
    3. Descriptive terms
    4. Muscles of head and face
    5. Muscles of nect
E. Nervous System
    1. Importance
    2. Functions
    3. Types of nerves
    4. Division of nervous system
    5. 12 pair of cranial nerves
    6. Nerves affected in facial and scalp treatments
F. Circulatory System
    1. Importance
    2. Function
    3. Two main divisions
    4. Structure of heart
    5. Blood vessels
    6. Circulation of blood
        a. pulmonary
        b. general
    7. Blood
        a. definition
        b. composition
        c. function
    8. Lymph
        a. definition
        b. composition
    9. Arteries and veins of head, face, neck
G. Endocrine System
    1. Importance
        a. body regulator
    2. Main sets of glands
        a. duct
            1. sweat and oil glands
        b. ductless
            1. secrete hormones

PHYSICAL SKILLS

I. Preparation of Patron

A. Draping
1. Chemical service
2. Wet service
3. Dry service
4. Theoretical instructions
5. Practical instructions

B. Brushing
1. Theoretical instruction
a. purposes
b. safety and sanitary measures
2. Practical instruction
a. brushing techniques
b. hair analysis
c. safety and sanitary measures

C. Shampooing
1. Theoretical instruction
a. definition
b. objectives of shampooing
c. application procedures
1. physical action
2. chemical action
a. composition
b. pH level of product
d. functions and actions of shampoo molecule
e. types of shampoos
f. safety and sanitary measures
2. Practical instruction
a. application of shampoo
b. safety and sanitary measures

D. Hair Rinses
1. Theoretical instruction
a. definition
b. types
1. color
2. coating conditioning
3. penetrating conditioner
4. medicated
c. pH level of product
1. action of product
2. reaction on hair
d. procedures
e. safety and sanitary measures

2. Practical instruction
    a. application procedures
    b. types
        1. color
        2. coating conditioner
        3. penetrating conditioner
        4. medicated
    c. safety and sanitary measures

E. Scalp and Hair Analysis
    1. Theoretical instruction
        a. scalp analysis
            1. condition
            2. flexibility
        b. hair analysis
            1. color
            2. light
            3. density
            4. texture
            5. porosity
            6. elasticity
            7. growth pattern
            8. environmental effects
            9. safety and sanitary measures
    2. Practical instruction
        a. examine hair and scalp
            1. scalp flexibility
            2. hair texture and porosity
            3. hair elasticity
            4. wave form
            5. hair length
            6. hair growth pattern
            7. hair density
        b. safety and sanitary measures

F. Reconditioning Treatment
    1. Theoretical instruction
        a. scalp treatment
            1. basic technique
            2. benefits
            3. types and procedures
                a. normal
                b. dandruff
                c. dry scalp
                d. oily scalp
                e. alopecia
            4. safety and sanitary measures
        b. hair treatments
            1. basic techniques
            2. benefits
            3. types and procedures
                a. moisturizing cream conditioners
                b. protein reconditioners
                c. synthetic reconditioners
            4. safety and sanitary measures

G. Eyebrow Shaping
    1. Theoretical instruction
        a. purpose
        b. implements and materials
        c. definitions
            1. epilation methods
            2. depilation methods
        d. artificial lashes
            1. purpose
            2. types
        e. safety and sanitary measures
    2. Practical instruction
        a. application procedure
            1. epilation
                a. tweezing
                b. waxing
            2. depilation
                a. shaving
                b. chemical depilatories
        b. application of artificial eyelashes
            1. strip lashes
            2. individual lashes
        c. safety and sanitary measures

H. Massage
    1. Theoretical instruction
        a. definition
            1. manual
            2. mechanical
        b. basic
        c. area of massage
        d. benefits
            1. skin
            2. muscle fiber
            3. fat cells
            4. blood circulation
            5. nerves
            6. pain
        e. safety and sanitary measures
    2. Practical instruction
        a. application procedures
            1. manual
            2. mechanical
        b. safety and sanitary measures

I. Skin Care
    1. Theoretical instruction
        a. skin analysis
            1. importance
            2. general condition
            3. texture
            4. elasticity

b. types and benefits
    1. preservative
    2. corrective
c. cosmetics used
    1. chemical action of cosmetics
    2. reaction of skin
    3. sensitivities
    4. manufacturer's directions
d. procedures
e. safety and sanitary measures

2. Practical instruction
    a. skin analysis
    b. application procedures
    c. types
        1. preservative
        2. corrective
    d. safety and sanitary measures

J. Facial Cosmetics
1. Theoretical instruction
    a. skin analysis
        1. recognizing natural skin tones
        2. recognizing facial shapes
    b. purpose
        1. proper makeup application
        b. minimize facial defects
    c. cosmetics used
    d. methods and procedures
    e. safety and sanitary measures
2. Practical instruction
    a. application procedure
        1. natural effect
        2. evening effect
        3. corrective
        4. theatrical
    b. safety and sanitary measures

K. Manicuring
1. Theoretical instruction
    a. definition
    b. responsibilities of manicurist
    c. implements and cosmetics
    d. nail and skin tissue analysis
    e. types
        1. basic
        2. conditioning
        3. remedial (nail repair)
        4. electric
    f. artificial nails
        1. purpose
        2. composition
    g. hand and arm massage
        1. benefits
    h. safety and sanitary measures

2. Practical instruction
    a. preparation
    b. analysis
        1. nail
        2. skin tissue
    c. types and procedures
        1. basic
        2. conditioning
        3. remedial (nail repair)
        4. electric
    d. application of artificial nails
    e. application hand and arm massage
    f. practicing safety and sanitary measures

L. Hair Coloring
    1. Theoretical instruction
        a. introduction
            1. definition
            2. law of color
                a. formation of natural pigment
                b. color wheel
                c. biological effects
                d. environmental effects
                e. chemical effects
            3. purposes for color change
            4. importance of record cards
            5. importance of manufacturer's directions
            6. importance of scalp and hair analysis
        b. haircoloring compounds
            1. temporary color (certified)
                a. definition
                b. types and purpose
                c. pH of product
                d. pH of hair
                e. effective results
            2. semipermanent color
                a. definition
                b. types and purposes
                c. pH of product
                d. pH of hair
                e. effective results
                f. predisposition test
                g. safety and sanitary measures
            3. permanent pentrating color
                a. definition
                b. oxidation tints
                    1. synthetic organic
                    2. para tints
                    3. analine derivative
                c. action of hair tint
                    1. pH of product
                    2. pH of hair
                    3. effective results

d. color selection
e. predisposition test
f. strand test
g. safety and sanitary measures

4. types
   a. single application tints
      1. definition
      2. advantages
      3. color selection
      4. procedures
         a. virgin
         b. retouch
      5. safety and sanitary measures
   b. double application tints
      1. definition
         a. pre-soften
         b. pre-lighten
      2. advantages
      3. rules
      4. purpose for pre-softening
      5. purpose for pre-lightening
      6. procedure
         a. virgin
         b. retouch
      7. safety and sanitary measures

5. permanent coating color
   a. definition
   b. purpose and effects
      1. coating action
      2. deposit mineral salts
   c. types
      1. vegetable
      2. mineral
      3. compound
   d. disadvantages
   e. safety and sanitary measures

2. Practical instruction
   a. temporary color
      1. application procedures
      2. color selection
      3. safety and sanitary measures
   b. semipermanent color
      1. predisposition test
      2. color selection
      3. sectioning technique
      4. application technique
      5. analysis of end results
      6. safety and sanitary measures
   c. permanent hair coloring
      1. predisposition test
      2. strand test
      3. metallic salt test
      4. color selection

5. mixing hair coloring
6. sectioning techniques
    a. virgin head
    b. retouch
7. application techniques
    a. virgin head
    b. retouch
8. analysis of end results
9. safety and sanitary measures

d. corrective work
1. tint back
    a. sectioning technique
    b. application technique
2. tint removal
    a. sectioning technique
    b. application technique
3. fillers - condition and color
    a. application technique
    b. safety and sanitary measures

M. Hair Lightening
1. Theoretical instruction
a. introduction
1. definition
2. purpose for color change
3. importance of record cards
4. importance of manufacturer's directions
5. importance of scalp and hair analysis
b. chemical effects upon the hair
1. pH of product
2. pH balance of hair
c. seven stages of hair lightening
d. general types of lighteners
1. oil
    a. neutral
    b. colored
2. cream
3. powder
e. purpose of lightener
f. oxidizing agents
1. products that oxidize natural hair pigment
2. products that remove synthetic color pigment
3. hydrogen peroxide
    a. professional uses
        1. neutralizing
        2. lightening
        3. mordant effect
        4. developing color
        5. removing color
    b. strengths
4. accelerators
g. safety and sanitary measures

2. Practical instruction
    a. mixing hair lightening compounds
    b. predisposition and strand test
    c. sectioning techniques for lightening/toning
        1. virgin
        2. retouch
    d. application techniques for lightening/toning
        1. virgin
        2. retouch
    e. highlighting techniques
        1. cap
        2. foil
            a. conventional frosting
            b. halo
            c. framing
            d. tipping
            e. streaking
            f. color on color (dimensional)
    f. corrective work
        1. spot lightening
        2. sectioning technique
        3. application technique
    g. safety and sanitary measures

N. Chemical Waving
    1. Theoretical instruction
        a. introduction
            1. definition
                a. thermal (alkaline)
                    1. chemical composition
                    2. pH value of product and hair
                b. nonthermal (acid)
                    1. chemical composition
                    2. pH value of product and hair
            2. benefits of chemical waving
        b. major actions on hair
            1. physical
                a. single wrapping
                b. double wrapping
                c. wrapping for special effects
            2. chemical
                a. reforming action
                b. rebonding action
        c. technical knowledge
            1. molecular structure
            2. scalp and hair analysis
                a. texture - porosity
                b. tensile strength - elasticity
                c. hair diameter, length, density
            3. client consultation
            4. selection of rod size and type

5. general procedures
    a. thermal method
    b. nonthermal method
6. recordkeeping
7. safety and sanitary measures

2. Practical instruction
    a. nonthermal method
        1. blocking and subdividing
        2. selecting rods
        3. wrapping hair and rods
        4. saturating with lotions
        5. timing and testing for "S" and roping pattern
        6. rinsing
        7. towel blotting
        8. rebonding (neutralizing)
        9. safety and sanitary measures
    b. thermal method
        1. blocking and subdividing
        2. selecting rods
        3. wrapping hair on rods
        4. saturating with lotions
        5. applying plastic head cover
        6. processing
            a. hair dryer and plastic cap
            b. thermal heating cap
            c. heating machine unit
        7. timing and testing for "S" and roping pattern
        8. rinsing
        9. towel blotting
        10. rebonding
        11. safety and sanitary measures
    c. reconstructing over-curly hair
        1. thermal method
            a. refer to chemical relaxing section "Restructuring"

0. Chemical Relaxing, Straightening and Restructurizing
    1. Theoretical instruction
        a. introduction
            1. definition
                a. sodium hydroxide (relaxing)
                b. "thio" (straightening)
                c. restructurizing (thermal)
            2. purposes
        b. technical knowledge
            1. altering molecular structure of the hair
                a. sodium hydroxide chemicals
                b. "thio" chemicals
                c. restructurizing chemicals
            2. scalp and hair analysis
                a. scalp health
                b. texture-porosity
                c. tensile strength and elasticity
                d. degree of curl
                e. hair length and density

3. client consultation
4. general procedures
    a. sodium hydroxide method
    b. "Thio" method
    c. restructurizing method
5. recordkeeping
    a. record card
    b. release form
6. safety and sanitary measures

2. Practical instruction
    a. hair and scalp analysis
    b. sodium hydroxide method (relaxing)
        1. virgin head procedure
            a. predisposition test
            b. strand test
            c. sectioning and applying base
            d. applying relaxer
            e. manipulating comb (rake or tail comb)
            f. timing and testing
            g. rinsing
            h. neutralizing/conditions
            i. practice safety measures
            j. release form and record card
            k. safety and sanitary measures
        2. retouch procedure
            a. application to regrowth only
    C. "Thio" method (straightening)
        1. virgin head procedure
            a. predisposition test
            b. strand test
            c. shampoo and towel dry hair
            d. applying conditioner
            e. preparation of neutralizing chemical
            f. application of relaxer
            g. spreading relaxer
            h. special rinsing procedure
            i. combing technique
            j. second rinsing procedure
            k. neutralizing
            l. release form and record card
            m. safety and sanitation measures
        2. retouch procedure
            a. application to regrowth only
    d. restructurizing
        1. hair analysis
            a. for degree of straightness desired
        2. rod selection
        3. shampooing
        4. pre-conditioning
        5. sectioning (basic 9)
        6. presaturate or follow manufacturer's directions
        7. wrap hair

8. saturate according to manufacturer's directions
9. apply plastic head cover
10. place patron under dryer or heating cap
11. timing and testing - follow manufacturer's directions
12. rinsing
13. neutralizing
14. release form and record card
15. safety and sanitation measures

HAIR DESIGNING

I. Hair Shaping

A. Theoretical instruction
1. Definition
2. Theory of hair shaping
a. establishes foundation of hair design
b. maximize or minimize facial and/or head features
3. Terminology
a. hair control
b. head position
c. elevation (even, low, high)
d. direction (forward, backward)
e. basic cutting strokes
1. perpendicular (blunt)
2. diagonal (tapering)
f. shaping techniques
1. tapering
2. layering
3. slithering
4. undercutting
5. shingling
6. blunt cutting
g. cutting implements
1. scissors (shears)
2. thinning shears
3. razor (shaper)
4. electric clipper
h. analysis of hair characteristics and face shapes
1. texture, density, elasticity
2. hairline patterns
3. face and head shapes
4. facial features
i. basic hair shaping methods
1. wet cutting
2. dry cutting
3. selection of proper tools
4. cleansing and sanitizing tools
5. safety and sanitary measures

B. Practical instruction
   1. Scissor shaping skills
      a. holding the scissors
      b. palming the scissors
      c. manipulating the scissors
   2. Razor shaping skills
      a. removing and inserting blade
      b. holding razor and comb
      c. manipulating the razor
   3. Shaping techniques with scissor or razor
      a. tapering
      b. layering
      c. undercutting
      d. slithering
      e. shingling
      f. thinning
      g. blunt cutting
   4. Hair control
      a. establish head position
      b. establishing elevations for shaping
         1. low
         2. medium
         3. high
      c. establishing hair direction
         1. forward
         2. backward
   5. Basic hair shaping procedures
      a. blocking head into panels
      b. subsectioning panels
      c. determine head position
      d. establish guideline
         1. determine elevation
         2. determine general length
      e. proceed with hair cut using elevations and guidelines
      f. safety and sanitary measures

II. Hair Styling - Basic Principles

A. Theoretical instruction
   1. Definition
   2. Responsibilities of hair designer
      a. consult with client
         1. listening and understanding clients preferences
         2. expressing ideas to client
      b. understanding basic principles of design for application
      c. maintaining professional environment
   3. Principles of design
      a. proportion
      b. balance
         1. symmetrical
         2. asymmetrical
      c. emphasis
      d. rhythm
      e. harmony

4. Geometric forms
   a. diagonal, parallel, angle, circle, arc, perpendicular, concave, convex, clockwise, counter-clockwise
   b. geometric shapes in head blocking or sectioning
      1. rectangle, square, triangle, semicircle
5. Parts of a wave
   a. stem
   b. body
   c. curl

III. Hair Styling - Nonthermal Curling

A. Theoretical instruction
   1. Definition
   2. Implements and equipment
      a. brushes, clips, combs, hairpins, rollers
      b. setting preparations
   3. Pincurling
      a. purpose and effect
         1. three basic types of styling stems
         2. base size
         3. pivot point or curl
   4. Roller curling
      a. purpose and effect
         1. roller size
         2. roller tension
         3. roller placement
   5. Styling completed hair design
      a. purpose and effect
         1. brushing for control
         2. texturing
         3. contouring
   6. Fingerwaving
      a. purpose and effect
      b. definition
         1. ridge waves
         2. sculptured waves
         3. setting preparations
   7. Safety and sanitary measures

B. Practical instruction
   1. Pincurling
      a. making a part
      b. shaping for pincurl placement
      c. curl formation
         1. no-stem curl
         2. half-stem curl
         3. full-stem curl
         4. ridge curl
         5. skip wave
         6. cascade or stand-up curls
      d. curl direction
         1. clockwise
         2. counter-clockwise

2. Roller curling
   a. roller selection
   b. sectioning
      1. rectangular panel
      2. curved panel
   c. roller placement
      1. overdirected
      2. neutral
      3. underdirected
3. Styling completed hair design
   a. brushing loose for control
   b. texturing
      1. backcombing
      2. lacing
   c. contouring
4. Fingerwaving
   a. ridge wave
      1. direction
      2. placement
   b. sculpture wave
      1. direction
      2. placement
5. Safety and sanitation measures

IV. Hair Styling - Thermal Curling

A. Theoretical instruction
   1. Definition
   2. Implements and equipment
   3. Purpose and effect
      a. soft press
         1. safety and sanitary measures
      b. hard press
         1. safety and sanitary measures
   4. Thermal curling
      a. purpose
      b. effect
      c. safety and sanitary measures

B. Practical instruction
   1. Preparation of thermal implements
      a. handling irons and comb
      b. operation of heating element
      c. testing irons and/or comb
      d. cleaning of irons
   2. Procedure for soft and hard press
      a. selecting materials
      b. examining hair and scalp
      c. brushing hair
      d. shampooing
      e. conditioning rinse
      f. drying (thoroughly)

g. sectioning (four basic)
h. testing comb
i. beginning press - nape area (close to scalp)
1. soft or hard press technique
j. practice safety and sanitary measures

3. Croquignole curling
a. select proper curling rod size
b. heat and test iron
c. wind hair from ends to scalp
1. end curl
2. round curl
3. poker curl
d. comb and style hair
e. safety and sanitary measures

V. Hair Styling - Thermal Air Waving

A. Theoretical instruction
1. Definition
2. Implements and equipment
3. Purpose and effect

B. Practical instruction
1. General procedure
a. operating hand-held dryer
b. holding air dryer, comb and/or brush
c. styling hair with dryer and brush/comb techniques

VI. Care and Styling of Wigs

A. Theoretical instruction
1. Introduction
a. history
b. importance or necessity
c. types and characteristics
1. wigs
2. demiwigs
3. falls
4. cascades
5. toupees
6. wiglet
7. switches
d. quality of hair material
1. human hair
2. animal hair
3. synthetic hair
e. quality of construction
1. hand-tied
2. machine-wefted

f. general care of hair goods
    1. professional cleansing methods
        a. liquid dry cleaning
            1. human or animal hair goods
        b. water and cleansing solution
            1. synthetic hair goods
        c. mounting and cleansing equipment
            1. block, clamp
            2. rollers, wig pins, dryer
    2. styling and shaping techniques
        a. follow general principles of hair shaping and hair design
    3. hair coloring and lightening procedures
        a. procedures vary - follow manufacturer's directions
    4. safety and sanitary measures

B. Practical instruction
    1. Determining cleansing method
        a. dry cleaning procedure
        b. water and cleansing solution procedure
    2. Fitting and adjusting
        a. measuring head
        b. altering techniques (pinning and sewing)
            1. darts, tucks, shrinking
    3. Styling hair goods
        a. thermal
            1. air waving
            2. curling irons
        b. nonthermal
            1. roller and pincurl techniques
    4. Shaping hair goods
        a. follow standard hair cutting procedures
        b. major difference - proper wig fit prior to cutting
    5. Hair coloring and lightening of hair goods
        a. procedures vary - follow manufacturer's directions
    6. safety and sanitary measures

RELATED SCIENCES

I. Electricity

A. Definition
B. Forms of electricity
    1. Direct current
    2. Alternating current
C. Operation of appliances
D. Safety precautions

II. Nature of Color and Light*

A. Components of neutral hair color
   1. Nature of light
   2. Source of light
   3. Reflection of light
   4. Absorption of light
   5. Function of the tye

III. Basic Principles of Cosmetic Chemistry**

A. The structured of things
B. Atoms and molecules
C. Elements
D. Compounds
E. Chemical shorthand
F. Solubility of compounds
   1. Soluble in water
   2. Insoluble in water
G. Emulsions
   1. Oil-in-water (o/w)
   2. Water-in-oil (w/o)
H. Acids
I. Alkalies
J. pH scale
K. pH influence on hair products
L. Effect of pH on hair
M. Chemical changes
   1. features of chemical changes
   2. dangers of chemical changes
N. Physical changes
   1. features of physical changes
O. Oxidation
   1. Oxidizing agents
P. Safety precautions

CONNECTICUT STATE LAW

Instructor is responsible for administering a State Law Exam to each student prior to their State Board Exam.

*Refer to Art Outline
**Refer to Cosmetic Chemistry Outline

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Dalton, John W. The Professional Cosmetologist.* St. Paul, Minnesota: West Publishing Co., 1979.

Franco, Sylvia I., Moore, Adella M., and Gary D. Oakly. The World of Cosmetology, A Professional Text.* New York, NY: Gregg Division, McGraw Hill, 1980.

Trusiewicz, Michael and State Department of Education. Cosmetology State Board Review Program Disk. Vocational-Technical School System, Middletown, Connecticut, 1988.

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*Student Workbooks and Teacher Manuals. A large variety of software is available for instructional purposes.

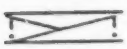
STUDENT PROGRESS RECORD

A major principle of vocational education is that students learn skills or the performance of operations of a trade with the production job as a vehicle to accomplish this objective.

The operations are defined on the shop progress record and it is imperative that the instructor have some means of recording the student experiences and achievement.

The approved method of recording student progress is as follows:

INSTRUCTED - This designation on the progress record indicates that the student has performed a skill with the assistance of and under the supervision of the instructor.



PRACTICED - This designation on the progress record indicates that the student has performed a skill with little help from the instructor.

PROFICIENT - This designation on the progress record indicates that the student is capable of performing a skill within a reasonable amount of time with no assistance from the instructor. In effect, this implies that the student has been tested for that skill.

This method of noting student progress will define accurately student achievement and, in fact, will point out any weaknesses the student may have in certain operations; thus highlighting areas where the student may need help.

Grades should be kept on student daily progress cards or in roll books.

Grade_____ Year_____ Instructor_____

STUDENT	TOOL CHECK NO.	LOCKER NO.	TEXT BOOK NO.	SHOP GRADES MARKING PERIOD						THEORY GRADES MARKING PERIOD					
				1	2	3	4		F	1	2	3	4		F

Grade_____ Year_____ Instructor_____

TOOL CHECK NO.	LOCKER NO.	TEXT BOOK NO.	SHOP GRADES MARKING PERIOD						THEORY GRADES MARKING PERIOD					
			1	2	3	4		F	1	2	3	4		F

Grade_____ Year_____ Instructor_____

TOOL CHECK NO.	LOCKER NO.	TEXT BOOK NO.	SHOP GRADES MARKING PERIOD						THEORY GRADES MARKING PERIOD					
			1	2	3	4		F	1	2	3	4		F

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Brushing Shampooing

Brush straight hair	Brush curly hair	Brush super curly hair		Shampoo/alkaline type	Shampoo/acid-balance type	Shampoo/medicated	Shampoo/dry-liquid	Shampoo/dry-powder	Shampoo/biochemical				

Conditioning Rinses							Scalp and Hair Analysis						
Apply color	Apply instant conditioner	Apply detangler	Apply medicated	Apply acid conditioner	Apply stabilizer cond.		Exam scalp flexibility	Exam hair elasticity	Identify wave form	Identify growth pattern	Identify density	Identify texture/porosity	

Reconditioning Treatments										Eye Brow Shaping			
Condition/moisturize	Protein/recondition	Synthetics/recondition	Treat normal scalp	Treat dry scalp	Treat oily scalp	Treat dandruff	Treat with tonic	Treat Alpoecia		Tweeze	Wax	Apply chemical depilatories	Apply strip lashes

Eye Brow Shaping			Massage					Skin Care					
Apply individual lashes			Manipulations	Hand massage	Electrical massage			Clean up	Normal skin	Dry skin	Oily skin	Provide therapy	Mask and pack

Facial Cosmetics Manicuring

Apply natural effect	Apply evening effect	Correct		Analyze nails	Analyze skin tissue	Perform basic manicure	Condition manicure	Repair manicure	Perform electric manicure	Perform arm and hand massage	Apply artificial nails	Apply tips	Apply sculpture

Basic Principles (Non-thermal)

Shape curl placement	Curl/no stem	Curl/half-stem	Curl/full-stem	Curl/ridge	Curl/skip waving	Curl/cascade or standup	Curl/clockwise	Curl/counter-clockwise	Select rollers	Section/rectangular	Section/curved	Apply overdirected rollers	Apply underdirected rollers

Styling Comb-Out						Fingerwaving				Air Waving			
Brush loose/control	Lace	Contour	Style			Perform ridge curls	Perform sculpture waves			Operate hand dryer	Hold dryer/ comb/brush	Style with dryer/comb	

HAIR COLORING

Temporary				Semi-Permanent					Permanent				
Select color	Apply color			Conduct predisposition test	Select color	Apply color			Perform predisposition test	Perform strand test	Perform metallic test	Select color	Mix color

Permanent

Hair Lightening

Section virgin head	Manipulate applicator	Perform virgin application	Retouch application	Remove tint	Tint back	Apply filler	Lash and brow tint		Mix compounds	Perform strand test	Section virgin head	Perform virgin application	Perform retouch application

Dimensional Highlighting											Chemical Waving		
Cap	Foil	Cup	Frost	Halo	Frame	Tip	Streak	Color-on-color	Spot lighten		Block	Subdivide	Select rods

Chemical Waving

Permanent Wave/CHR Winding

Wrap hair on rods	Saturate rods	Time and test	Towel blot	Rebound (neutralize)		Conventional wrap	Halo wind	Piggyback wind	Stack wind	Spiral wind	Bookend wrap	Single end wrap	Double end wrap

Chemical Hair Relaxing

Perform hair analysis	Perform predisposition test	Perform strand test	Apply base cream	Section	Apply relaxer	Manipulate comb	Comb/spread relaxer	Time and test	Perform special rinsing process	Neutralize/condition			

HAIR SHAPING

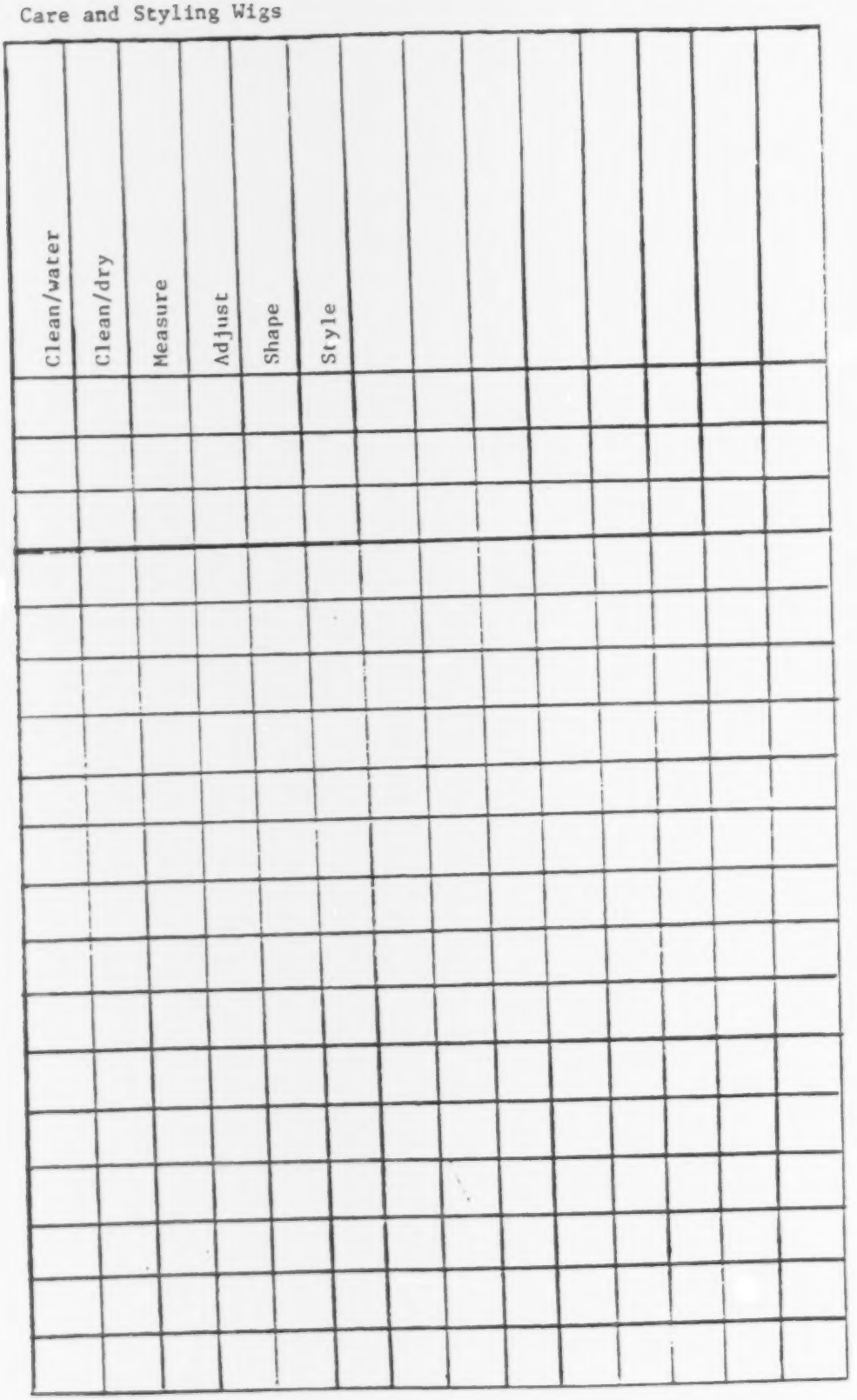
Scissors					Razor					Styles			
Hold scissors	Palm scissors	Manipulate scissors			Remove and insert blade	Hold razor and comb	Manipulate razor			Taper	Layer	Undercut	Slither

Hair Shaping - Styles | Thermal Curling

Shingle	Thin	Perform blunt cut	Establish tangent point	Establish low elevation	Establish medium elevation	Establish high elevation	Direction - forward movement	Direction - backward movement		Handle iron and comb	Operate heating element	Test iron and comb	Clean iron

Soft and Hard Press Styling								Croquignole Curling					
Select materials	Examine hair and scalp	Section	Test comb	Press soft/hard				Select iron	Heat and test	Wind end curls	Wind poker curls	Wind round curls	Comb/style

Care and Styling Wigs



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